

## EVP and the Ouija Board : Similar Dangers

Today I was surfing around on the internet a little. I checked out a paranormal themed discussion forum that I keep an eye on now and again. There was a post there today that grabbed my attention. It was a post written by a woman who said that her mother had passed away from an illness about a year ago and that she really wanted to find a way to communicate with her on the other side. She was asking if anyone had any advice for going about this.

A few individuals left comments. One person just said outright that it was a bad idea to try and communicate with the other side, that you could open doors that will allow forces to enter into your life that you definitely wouldn't want. Another individual left a comment that trying to use a Ouija Board was a very bad idea, for the same reason, that you could be inviting trouble into your life. However, this individual stated that this individual should try doing EVP sessions....recording to capture Electronic Voice Phenomenon. This grabbed my attention even further, as I do have a very strong personal opinion about this.

This individual who left the comment stated that while the Ouija Board could essentially be playing with fire, recording for EVP would be much safer. I have some thoughts on that opinion. Perhaps Ouija Boards are more dangerous, I can't say, but I do know for a fact that EVP recording carries with it some dangers as well. I was experimenting with the EVP recording for just two months during the winter of 2015, but since then my life has never been the same.

For myself, when I decided to start recording for EVP back in early January 2015, I wasn't trying to contact a deceased family member or friend. The paranormal was simply something that I had an on and off interest with throughout my life. Prior to 2015, this interest entailed nothing more than occasionally reading some books about paranormal topics and watching some movies or documentaries. It was simply something that I found myself becoming interested in, wanting to learn about every now and again. I would read a few books about paranormal topics and then the interest would seem to fade away, but it would always come back again. I don't know what it was, but back during the winter of 2015, something compelled me to go further with this interest than simply reading books or watching documentaries. I decided to go active with this interest for the first time. Doing EVP sessions seemed like a good and affordable way to start. I didn't have to spend a lot of money on expensive equipment. I could start doing recording sessions right away with just a voice recorder or even my phone.

So much has happened since that time that my memory regarding some of the details is a bit blurry, but I believe that initially I had planned to go to specific places and do my recording sessions. I had been watching paranormal TV shows for years and often the investigators on those shows went to locations of historical significance. I wasn't going to travel all over the country exactly, but I had probably thought of at least a few places within my local area where I

could investigate on my own. Unfortunately for me, I was too impatient and I started doing recording sessions in my home. Maybe I just considered it a trial run...practice ...but I started recording right away. I didn't capture anything for two weeks, but I kept going. Something that I had read recently mentioned that when it comes to EVP recording, often you have to stick with it for a while to get results. Well, I took that to heart this time and even though I was capturing absolutely nothing in the beginning, I kept doing sessions and I kept doing them in my own home.

Then one afternoon in the middle of January.... everything changed. I did a recording session in my home where I asked three questions. Immediately after I finished the recording session I went back and listened to the recording, expecting to hear nothing. However, this time I did hear something. I heard voices on this recording. Not only was I hearing voices this time, I heard voices replying directly to my questions. This was a powerful experience for me to say the least. I had believed in the paranormal for a long time, but this was a kind of "OMG this is actually real!" moment for me all the same.

Well, my curiosity peaked at this point and I decided that I would definitely keep going with this pursuit. I continued doing recording sessions in my home. Within about a week of that first incident of capturing voices on recording, I began to notice that now I was hearing several voices on my recordings on a consistent basis. It quickly reached the point where every recording session that I did, I was hearing voices on the recordings. Some of the voices were very faint, but others were much clearer. I could quickly sense that I was hearing some of the same voices on each recording. It seemed like there were "regulars" that would show up and communicate with me. And communicate I did. It quickly reached a point where I could ask questions, then go back and listen to the recording and hear the replies quite clearly much of the time. On some nights I would have conversations with these EVP voices in this way lasting for hours.

Initially the voices seemed very friendly. I got a sense from them that they seemed just as interested in communicating with me as I was in communicating with them. For the most part, the voice sounded very human I thought. Occasionally I would hear a voice that seemed to have something of a robotic quality to it, but yes... for the most part the voices sounded like regular human voices to me. I was extremely fascinated by what I was experiencing and I was basically having small talk with these voices for hours practically every night. In the beginning it was such a positive experience for me that I wasn't even thinking about any dangers lurking on the horizon.

Things quickly began to change however once I got into the second month of recording. While many of the friendlier voices were still there, a new element had arrived on the scene. This new element was a lot different. These voices were not so friendly. Many of them seemed to be trying to frighten me or get some kind of negative reaction out of me. I would occasionally hear them insult me and threaten me. At times they seemed like a gang of hecklers. This started off with just a few incidents, but it began to occur more and more I noticed. However, as I said... the friendlier voices were still there, so I kept recording. I tried to focus just on communicating

with them and ignore the negative voices, but this became extremely difficult to do as it seemed like the presence of the negative voices just kept increasing, practically by the day.

Then one afternoon, towards the end of February 2015, something very unexpected happened. I was at work almost at the end of my workday. Through the noise of an electric ceiling fan ...out of the blue I started hearing some of the same voices that I had been hearing on my EVP recordings. It was the heckler voices. I'll always remember what I heard at that moment, I heard a voice say.... "we can see... you we can hear you.... and we can touch you". Just then I felt what seemed like a finger jabbing me in my lower back. This was a very shocking and unsettling experience for me to say the least. I knew that something was terribly wrong here and that I had gotten myself in way over my head by communicating with these EVP voices, especially to the degree that I had been.

This was a very unsettling incident for me, but I kept recording. I had been so fascinated by what I was experiencing earlier on, and it seemed like such a positive experience, that I didn't want to let go of that. I hoped that somehow these negative voices would just go away ....or that I would at least be able to block them out somehow. Yet, their presence began to dominate on my recordings.

That initial incident of hearing the negative voices outside of the recordings was followed by more incidents soon after. At this point I became extremely worried. I decided that I needed to stop this. I did one last recording session where I explained to the friendlier voices what had been going on and how I felt that I needed to walk away from all of this, that that negative voices were starting to become a real problem for me. The benevolent voice said that they understood and I hoped that by quitting recording that this would put an end to my troubles. It did not.

Incidents of hearing the intruding voices continued and they continued to increase more and more each day. The entire month of March 2015 was a month of escalation. Not only was I hearing these intruding voices more and more, but I also began to experience physical sensations. For example, I would be lying in bed at night trying to fall asleep and I would begin to feel what seemed like a finger coming up through the mattress... jabbing me in my back quite sharply. I began to have trouble holding down a decent sleep routine. I also began to further become filled with a lot of anxiety and these voices seemed to be doing everything they could to add to that. I went into my work one morning around this time, I was the first one there and I saw that we had a message on the voicemail. I played the message and it was the same voices making threatening statements towards me. I remember one voice saying "we are coming for you." In hindsight, I know that this voice was telling the truth here.

One morning while I was at work in the beginning of April 2015, the situation went from bad to nightmarishly bad. Up to this point, I was having incidents of hearing the voices, but it wasn't continuous as yet. I would hear a voice and then I might go thirty minutes or an hour without hearing another voice. It was escalating for sure, but it wasn't constant yet. That changed over the course of that single morning in early April. All of a sudden, voices just seemed to appear all

around me. I was hearing voices speaking from the outside and also voices from within, ...voices in my head. I began to panic and told my boss that I wasn't feeling well and that I had to go home. This began what I have since come to call "my two weeks of hell". Basically, this was when the situation went from being escalating incidents to being bombarded around the clock... day and night by these malicious voices. And I also often refer to this time as experiencing "a voices blitzkrieg"...because that's what it felt like. These voices would not let up, they would just bombard me every moment from the time that I opened my eyes, to the time that I fell asleep.

And on that note, my sleep situation also went from bad to worse. Every time that I would lie down in bed, the voices would surround me and torment the hell out of me ...and the physical sensations became even more relentless as well. For those two weeks in early April, I was only managing about three to four hours of sleep a night. I also found that I could hardly eat anything. I was too stricken with anxiety to have much of an appetite. Every moment seemed like a waking nightmare and in fact I heard some of the voices telling me this, they flat out told me that I was experiencing "a waking nightmare".

I was completely overwhelmed by the situation and I was hanging on to my day-to-day life by a thread. These voices were relentless. They didn't stop and they didn't need to stop it seemed. This is something that I didn't take into consideration throughout all my years of researching the paranormal. Maybe I just had an attitude of "something like this won't happen to me", but I just didn't envision that part of it. One of the major differences between myself and these voices entities is that I am living in a physical body and I have to deal with the limitations of that. I need to eat... I need to sleep. I live in the modern world, so I need to work.... I need to pay my bills. These entities were operating without such limitations. They could just keep bombarding me with tormenting voices around the clock and it seem like they never grew tired of it. That's what my two weeks of hell was... two weeks of non-stop around the clock voices bombardment. I was in such a weakened state by the end of these two weeks that some relatives stopped by to visit me one day, sensed that something was terribly wrong and basically dragged me to a doctor's office. When I was in the doctor's office, the voices grew even stronger. But the doctor did prescribe some medication to help me sleep and that finally did break the brutal two weeks long voices siege. At that point, I was at least able to get a better night's sleep, and this lowered the intensity of the onslaught at least to some degree. It was still really bad for a while after that, but the intensity of the situation slowly began to calm down to a degree. Sleep was a very crucial part of it all. The more deprived of sleep that I was.... the more vulnerable I was to these voices entities and the more that their actions had an impact on me.

After a little time went by, I started meeting others who also experienced the same exact phenomenon after they had been involved with some kind of spirit communication activity. I met others who were doing EVP recording just like myself. I met some others who are doing automatic writing...were using a Ouija Board.....using a Spirit Box. From learning about their experiences, it became obvious to me that there were definite patterns here. There were many similarities in these cases. So, what happened to me after experimenting with EVP was not an isolated incident. During the worst of it, these voices sometimes tried to make it seem like it was.

They tried to make it seem like I was being singled out because I was such a horrible sinner....or something like that they would say. But as I continued to meet others and see other accounts of this, I knew that this wasn't true.

Getting back to that discussion forum post that I saw today and the comment about EVP recording being safer than using a Ouija Board....as I said, perhaps one is more dangerous than the other, but I know through my own personal experience that they both share this danger ....danger of being stricken with a condition we're here hearing tormenting voices. It's an extreme invasion of your mind and your perceptions, and yes... I've seen the same thing in cases involving Ouija Board and EVP recording. Using a Ouija Board generally doesn't even entail listening for voices like EVP recording does, yet I've met others that started hearing voices after using a Ouija Board. It is generally thought that EVP voices captured on recording are just that....mysterious voices on a recording. Yet sometimes they can be much more than that. Sometimes the voices are not confined to the recordings. Sometimes (such as in my own case) the voices can come out of the recordings and you can start hearing them all the time.

Perhaps the overall risk is minimal, but it is present and it's a very serious risk. Trying to communicate with the unknown, with worlds beyond our own is no small thing. There are many beliefs about these things, and one person might make claims about this and another person make claims about that, but the truth is that there's still so much that we don't know. It literally is the unknown and trying to explore it in a direct manner has its dangers sometimes.

Now is it possible that this individual can one day find a way to communicate with the spirit of their mother? Perhaps, who am I to say that is not possible. Maybe there are safer ways to go about this, but the two that were mentioned in that discussion, using a Ouija board and recording for EVP are not entirely safe. And when the danger arrives, often you never see it coming. As I mentioned earlier, my initial experience with EVP recording was so positive that I wasn't even thinking about any possible dangers, there seemed to be no reason to.... the voices were extremely friendly and I thought that when I ended a session that the communication was broken off and that there was no longer a connection established. I had some naïve sense at the time of being removed from these beings. For some reason I thought that there was a great distance between us, but in truth there really wasn't, at least not with some of these entities. I believed that when I finished a recording session....that was it.... it was over for the night. I now suspect that at least some of those entities stayed right with me the whole time and that I was being followed from that point on. I started to suspect this towards the end of February 2015, when things were starting to go bad. I even did a few experiments to investigate this.

As I mentioned, I did most of my recording in my home, but once I started to really come to the realization that something was terribly wrong, I did a few recording sessions in different places. I remember doing a few recording sessions at my work early in the morning before anyone else arrived. I heard the same voices on those recordings. I even remember doing a session on my drive home from work one afternoon. I left the recorder going on in the passenger seat and when I went home and listened to that recording, I was hearing the same voices. I knew then

that I was being followed. So, this is another aspect of the danger. If you get yourself noticed, well then you get yourself noticed and simply not engaging in the direct communication such as with doing EVP sessions, does not necessarily separate you from the entities that are up to no good. In my case, once I stopped recording in the hopes that this would put an end to my troubles, things continued to rapidly escalate. It took a number of months before I even began to get a handle on the situation.

I'm still dealing with one voice today. It was one of the original heckler voices from 2015, and I first heard it on my recordings in February 2015. Things are a lot better for me than they were back then. I've learned a lot since then and I've become much stronger. Yet this is an example of how extreme these entity attachments can be. Some of them don't give up easily. This is another very serious aspect of the danger. As I was saying... that they are not hindered by the need to sleep and other human limitations, time may also not mean the same thing to them as it does to us. Years could simply seem like days to them and if they're committed to sticking around, then they won't hold back. So these dangers are very real and very serious and they are definitely something to take into consideration when you're trying to communicate with the unknown. You have to ask yourself... is it worth the risk, is it worth risking having your life altered to this extreme degree? I think it's important that people are at least aware of what these dangers can look like in detail. When I was attacked by the voices, I was completely blindsided, it caught me completely off-guard and needless to say, I wasn't prepared for it at all. I never heard of this happening to anyone before ,so I felt very alone in what I was experiencing for a time and that was a bad place to be. But the truth is I wasn't alone, Many others have experienced it to. For myself, I could say that while I understand having an interest in the paranormal, I would have been better off just sticking to reading some books every now and again. Books are much safer I would say.

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- B. Edwards